

## The Transformative Power Of Performance A New Aesthetics

The contributors explore diverse contexts of performance to discuss peoples' own reflections on political subjectivities, governance and development. The volume refocuses anthropological engagement with ethics, aesthetics, and politics to examine the transformative potential of political performance, both for individuals and wider collectives. Superhero Grief uses modern superhero narratives to teach the principles of grief theories and concepts and provide practical ideas for promoting healing. Chapters offer clinical strategies, approaches, and interventions, including strategies based in expressive arts and complementary therapies. Leading researchers, clinicians, and professionals address major topics in death, dying, and bereavement, using superhero narratives to explore loss in the context of bereavement and to promote a contextual view of issues and relationship types that can improve coping skills. This volume provides support and psychoeducation to students, clinicians, educators, researchers, and the bereaved while contributing significantly to the literature on the intersection of death, grief, and trauma.

An Amazon Editors' Best Book of December 2018 "Art will wake you up. Art will break your heart. There will be glorious days. If you want eternity you must be fearless." —from The Museum of Modern Love Arky Levin has reached a dead end. Unexpectedly separated from his wife, he suddenly has the space he needs to work composing film scores—but none of the peace of mind he needs to create. As he wanders the city, guilty and restless, it's almost by chance that he stumbles upon an exhibition that will change his life. The installation the fictional Arky discovers—which is based on a real piece of performance art that took place in 2010—is inexplicably powerful. Visitors to the Museum of Modern Art sit across a table from the performance artist Marina Abramovi, for as short or long a period as they choose. Although some go in skeptical, almost all leave moved. And the participants are not the only ones to find themselves changed by this unusual experience: Arky finds himself drawn to the exhibit. He returns day after day to watch other people sit with Abramovi—and as he does, he begins to understand what might be missing in his life and what he must do.

Provides insights into a lively field of international human rights politics – the protection of children and their rights – by looking at the negotiations leading to the 1989 UN Convention on the Rights of the Child.

Between 1989 and 2004, the EU's conditionality for membership transformed Central and East Europe. The EU had enormous potential power over the whole range of domestic politics in the candidate countries. However, the EU was able to use that power at a few key points in the process leading to their accession. The EU's long-term influence worked primarily through soft power and through voluntary rather than coercive means. During the membership preparations, the EU built many different routes of influence into the candidate countries' domestic policy-making through 'Europeanization'. The Central and East Europeans voluntarily took on the Union's norms and methods, guided by the European Commission, in a massive transfer of policies and institutions. However, the EU missed important opportunities to effect change as well. The EU's Transformative Power explores in detail how the EU used its influence to control the movement of people across Europe, through both coercive use of conditionality and voluntary methods of Europeanization.

NEW YORK TIMES BESTSELLER • The author of The Power of Habit and “master of the life hack” (GQ) explores the fascinating science of productivity and offers real-world takeaways to apply your life, whether you're chasing peak productivity or simply trying to get back on track. “Duhigg melds cutting-edge science, deep reporting, and wide-ranging stories to give us a fuller, more human way of thinking about how productivity actually happens.”—Susan Cain, author of Quiet In The Power of Habit, Pulitzer Prize-winning journalist Charles Duhigg explained why we do what we do. In Smarter Faster Better, he applies the same relentless curiosity and rich storytelling to how we can improve at the things we do. At the core of Smarter Faster Better are eight key concepts—from motivation and goal setting to focus and decision making—that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics—as well as the experiences of CEOs, educational reformers, four-star generals, FBI agents, airplane pilots, and Broadway songwriters—this book reveals that the most productive people, companies, and organizations don't merely act differently. They view the world, and their choices, in profoundly different ways. Smarter Faster Better is a story-filled exploration of the science of productivity, one that can help us learn to succeed with less stress and struggle—and become smarter, faster, and better at everything we do.

Reveals the effect that education can have on positive social change by examining the life of a conductor of the Los Angeles Philharmonic and the unique program that nurtured his talent back home in Venezuela and its current availability in the U.S. 15,000 first printing.

"A bold and subversive retelling of the goddess's story," this #1 New York Times bestseller is "both epic and intimate in its scope, recasting the most infamous female figure from the Odyssey as a hero in her own right" (Alexandra Alter, The New York Times). In the house of Helios, god of the sun and mightiest of the Titans, a daughter is born. But Circe is a strange child -- not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, she discovers that she does possess power -- the power of witchcraft, which can transform rivals into monsters and menace the gods themselves. Threatened, Zeus banishes her to a deserted island, where she hones her occult craft, tames wild beasts and crosses paths with many of the most famous figures in all of mythology, including the Minotaur, Daedalus and his doomed son Icarus, the murderous Medea, and, of course, wily Odysseus. But there is danger, too, for a woman who stands alone, and Circe unwittingly draws the wrath of both men and gods, ultimately finding herself pitted against one of the most terrifying and vengeful of the Olympians. To protect what she loves most, Circe must summon all her strength and

choose, once and for all, whether she belongs with the gods she is born from, or the mortals she has come to love. With unforgettably vivid characters, mesmerizing language, and page-turning suspense, Circe is a triumph of storytelling, an intoxicating epic of family rivalry, palace intrigue, love and loss, as well as a celebration of indomitable female strength in a man's world. #1 New York Times Bestseller -- named one of the Best Books of the Year by NPR, the Washington Post, People, Time, Amazon, Entertainment Weekly, Bustle, Newsweek, the A.V. Club, Christian Science Monitor, Refinery 29, BuzzFeed, Paste, Audible, Kirkus, Publishers Weekly, Thrillist, NYPL, Self, Real Simple, Goodreads, Boston Globe, Electric Literature, BookPage, the Guardian, Book Riot, Seattle Times, and Business Insider.

In this book, Erika Fischer-Lichte traces the emergence of performance as 'an art event' in its own right. In setting performance art on an equal footing with the traditional art object, she heralds a new aesthetics. The peculiar mode of experience that a performance provokes – blurring distinctions between artist and audience, body and mind, art and life – is here framed as the breeding ground for a new way of understanding performing arts, and through them even wider social and cultural processes. With an introduction by Marvin Carlson, this translation of the original *Ästhetik des Performativen* addresses key issues in performance art, experimental theatre and cultural performances to lay the ground for a new appreciation of the artistic event.

Craft in Art Therapy is the first book dedicated to illustrating the incorporation of craft materials and methods into art therapy theory and practice. Contributing authors provide examples of how they have used a range of crafts including pottery, glass work, textiles (sewing, knitting, crochet, embroidery, and quilting), paper (artist books, altered books, book binding, origami, and zines), leatherwork, and Indian crafts like mendhi and kolam/rangoli in their own art and self-care, and in individual, group, and community art therapy practice. The book explores the therapeutic benefits of a range of craft materials and media, as well as craft's potential to build community, to support individuals in caring for themselves and each other, and to play a valuable role in art therapy practice. Craft in Art Therapy demonstrates that when practiced in a culturally sensitive and socially conscious manner, craft practices are more than therapeutic—they also hold transformational potential.

Access high-vibrational Consciousness Codes to heal your body and mind • Explains how to work with extraterrestrial light frequencies to clear, energize, uplift, and empower your body and mind and speed up the healing process • Offers basic, intermediate, and advanced ways of healing, with step-by-step illustrations, exercises, meditations, and real-life cases of Star Magic transformations • Illustrates holograph blueprints, pineal gland activation, and how to work with the Mer-ka-ba field to turbocharge your life, as well as many other powerful techniques Star Magic Healing aligns you with high-vibrational Consciousness Codes and extraterrestrial light frequencies that expand your consciousness, shift your vibration, and speed up the healing process. Present on Earth in ancient Egyptian times, these Codes will transform your inner world and, in turn, upgrade your external reality. Through a series of major life events, Jerry Sargeant has reawakened this advanced soul technology and shares it here to help unleash the full potential of every living being. Jerry reveals how to connect with and harness extraterrestrial light frequencies to energize, uplift, and consciously empower your own life, others, and the planet. The author shares practical Star Magic Healing tools with step-by-step illustrations as well as visualizations, exercises, and meditations to shift your vibration and bring about rapid healing that lasts. He discusses holographic blueprints, pineal gland activation, quantum knowledge, parallel realities, shadow parasites, and the impact of crystals and sacred geometry. Offering basic, intermediate, and advanced ways of healing, the author explains how to work at the cellular level, clearly demonstrating how advanced healing is readily available for everyone. Learn how to activate your Mer-ka-ba field and open up to infinite streams of abundance. Jerry also shares real-life case studies, recounting how he has used high-vibrational light frequencies to successfully remove tumors, restore eyesight, heal hearts and relationships, and supercharge businesses for massive success. Star Magic offers an opportunity to heal at the deepest levels and find alignment with your life purpose. Star Magic Codes of Consciousness will connect you to the frequency of unconditional love, unleashing colossal inner wisdom and super-heightened awareness that enable you to manifest your perfect reality quickly. We each have the ancient power to heal and transform within us, and Star Magic offers the key to unleashing this power.

THE WORLD NEEDS YOUR LEADERSHIP More importantly, the world needs your humanized leadership. You must create trust, clearly communicate, coach powerfully, and customize every step of the way to the various types of people you are privileged to lead. This leader is ever aware that other humans execute the processes which drive the profits - people are always at the center. This book lays out in 12 engaging chapters, a proven path to developing yourself and your teams. You will gain the mindset and skillset to: Show up in authentic and conscious leadership Manage workplace emotions - yours and theirs Communicate with clarity and connection Guide performance to build a culture of accountability Understand your own secret sauce of genius and appreciate it in others Drawing from the signature system, Leadership Mastery, this guide to your own evolution has been practiced and perfected for 15 years with thousands of clients. This is a call to action. HUMANIZE how you lead. Your time is now. We all dream, and 98 per cent of us can recall our dreams the next morning. Even in today's modern age, it is human nature to wonder what they mean. Now, groundbreaking science is putting dreams at the forefront of new research into sleep, memory, the concept of self and human socialization. Once a subject of the New Age and spiritualism, the science of dreams is revealed to have a crucial role in the biology and neuroscience of our waking lives. In *Why We Dream*, Alice Robb, a leading American science journalist, will take readers on a journey to uncover why we dream, why dreaming matters, and how we can improve our dream life - and why we should. Through her encounters with scientists at the cutting edge of dream research, she reveals how: - Dreams can be powerful tools to help us process the pain of a relationship break-up, the grief of losing a loved one and the trauma after a dramatic event - Nightmares may be our body's warning system for physical and mental illness (including cancer, depression and Alzheimer's) - Athletes can improve their performance by dreaming about competing - Drug addicts who dream about drug-taking can dramatically speed up their recovery from addiction. Robb also uncovers the fascinating science behind lucid dreaming - when we enter a dream state with control over our actions, creating a limitless playground for our fantasies. And as one of only 10 per cent of people with the ability to lucid-dream, she is uniquely placed to teach us how to do it ourselves. With incredible new discoveries and stunning science, *Why We Dream* will give you dramatic insight into yourself and your body. You'll never think of dreams in the same way again.

Aesthetic theory in the West has, until now, been dominated by ideas of effect, autonomy, and reception. Transformative Aesthetics uncovers these theories' mutual concern with the transformation of those involved. From artists to spectators, readers, listeners, or audiences, the idea of transformation is one familiar to cultures across the globe. Transformation of the individual is only one part of this aesthetic phenomenon, as contemporary artists are increasingly called upon to have a transformative, sustainable impact on society at large. To this end, Erika Fischer Lichte and Benjamin Wihstutz present a series of fresh perspectives on the discussion of aesthetics, uniting Western theory with that of India, China, Australia, and beyond. Each chapter of Transformative Aesthetics focuses on a different approach to transformation, from the foundations of aesthetics to contemporary theories, breaking new ground to establish a network of thought that spans theatre, performance, art history, cultural studies, and philosophy.

From the Grammy-nominated singer, drummer, and percussionist who is world renowned for her contributions throughout the music industry, a moving memoir about the healing power of music and spiritual growth inspired by five decades of life and love on the stage. She was born Sheila Escovedo in 1957, but the world knows her as Sheila E. She first picked up the drumsticks and started making music at the



precocious age of three, taught by her legendary father, percussionist Pete Escovedo. As the goddaughter of Tito Puente, music was the heartbeat of her family, and despite Sheila's impoverished childhood in Oakland, California, her family stayed strong, inspired by the music they played nightly in their living room. When she was only five, Sheila delivered her first solo performance to a live audience. By nineteen, she had fallen in love with Carlos Santana. By twenty-one, she met Prince at one of her concerts. Sheila E. and Prince would eventually join forces and collaborate for more than two decades, creating hits that catapulted Sheila to her own pop superstardom. *The Beat of My Own Drum* is both a walk through four decades of Latin and pop music—from her tours with Marvin Gaye, Lionel Richie, Prince, and Ringo Starr to her own solo career. At the same time, it's also a heartbreaking, ultimately redemptive look at how the sanctity of music can save a person's life. Having repeatedly endured sexual abuse as a child, Sheila credits her parents, music, and God with giving her the will to carry on and to build a lasting legacy. Rich in musical detail, pop, and Latin music history, this is a fascinating walk through some of the biggest moments in music from the '70s and '80s. But as Sheila's personal story, this memoir is a unique glimpse into a world-famous drummer's singular life—a treat for both new and longtime fans of Sheila E. And above all, *The Beat of My Own Drum* is a testament to how the positive power of music has fueled Sheila's heart and soul—and how it can transform your life as well.

Stop saying 'no' to opportunity, and start saying 'yes' to possibility *Happy Accidents* is your personal guide to transforming your life. As we take on task after task, responsibility after responsibility, we lose sight of who we are and why we're doing what we do; we rush through the day completing a to-do list, but we never really seem to accomplish the things that are most important. What goals do you have for your life? What steps have you taken toward them today? Consider this book your guide to getting back on track to your dreams and help inspire those around you. It's not about doing more or doing less, it's about making what you do worthy of the effort. From forging new relationships, stepping out of your comfort zone, and reframing your work—start valuing these as empowering choices you get to make toward a particular goal every day. To preserve our precious time and energy, we often default to 'no,' yet this only closes the door to our growth, while a 'yes' opens up a world of possibilities. The secret is adding 'yes, and' to our lives. This seductively simple turn of phrase opens the doors to better collaboration and positive relationships, and invites self-sustaining opportunities into our world. 'Yes, and' helps you get from where you are, as an individual or organization, to where want to be. No person or organization is an island, and none of us reaches our goals alone. This book shows you how to build on the power of open-mindedness, cultivate supportive relationships, and adopt a win-win mindset to reignite your purpose and unleash your best. Harness the power of team collaboration, cooperation, and creativity Reframe 'mistakes' and 'bad ideas' into 'Happy Accidents' that lead to opportunities Communicate more effectively by learning how to listen actively and build on the pertinent information Relinquish some degree of control to allow for more growth and discovery Children have a natural inclination toward curiosity. As we grow into adults, our curiosity gradually takes a back seat to obligations, responsibility, and duty—but that spark remains, and can be reignited. Don't spend your life adrift in a sea of 'could've, would've, should've'—take back your sense of purpose, positivity, joy, time, and energy with the power of *Happy Accidents*.

This edited volume shares and advances authentic possibilities for education to fulfil its promise of transforming lives. It contains specific sections on enabling success in learning; identity, well-being and learning; and collaboration and partnership.

This major study reconstructs the vast history of European drama from Greek tragedy through to twentieth-century theatre, focusing on the subject of identity. Throughout history, drama has performed and represented political, religious, national, ethnic, class-related, gendered, and individual concepts of identity. Erika Fischer-Lichte's topics include: \* ancient Greek theatre \* Shakespeare and Elizabethan theatre by Corneilli, Racine, Molière \* the Italian commedia dell'arte and its transformations into eighteenth-century drama \* the German Enlightenment - Lessing, Schiller, Goethe, and Lenz \* romanticism by Kleist, Byron, Shelley, Hugo, de Vigny, Musset, Büchner, and Nestroy \* the turn of the century - Ibsen, Strindberg, Chekhov, Stanislavski \* the twentieth century - Craig, Meyerhold, Artaud, O'Neill, Pirandello, Brecht, Beckett, Müller. Anyone interested in theatre throughout history and today will find this an invaluable source of information.

This debut monograph of the visionary landscape architecture firm OJB uncovers the philosophy that guides the practice and reveals the transformative power of landscape through a selection of case studies drawn from the firm's thirty-year history. Founded in 1989 by landscape architect James Burnett, OJB--the Office of James Burnett--has since grown to nearly one hundred professionals working across five offices and has established itself as a leader in the field for its ambitious approach to community-building through landscape. At its core, the firm believes that landscape is a social and collective tool for integration, reclamation, and healing. This principle guides all of the firm's projects across sectors, from its designs promoting restorative healthcare, such as campuses for hospitals and wellness centers, to large-scale urban landscapes conceived to reconnect and revitalize communities, such as the acclaimed Myriad Botanical Gardens and the other initiatives completed as part of Oklahoma City's Project 180 public works program. This book highlights OJB's remarkable and meaningful work--and the philosophy that drives it--through projects of varied typologies arranged in a rhythm progressing from single works to longer multi-project narratives in which landscapes connect and build on each other over several years to create thoughtfully realized and impactful environments.

This book shows how necessary ritual is to human freedom and to social processes of liberation. It aims to reflect upon the deep human longing for ritual and to interpret it in the light of our physical, social, political, sexual, moral, aesthetic, and religious existence. .

*The Performative Power of Vocality* offers a fresh perspective on voice as a subject of critical inquiry by employing an interdisciplinary and cross-cultural approach. Conventional treatment of voice in theatre and performance studies too often regards it as a subcategory of actor training, associated with the established methods that have shaped voice pedagogy within Western theatre schools, conservatories, and universities. This monograph significantly deviates from these dominant models through its investigation of the non-discursive, material, and affective efficacy of vocality, with a focus on orally transmitted vocal traditions. Drawing from her performance training, research collaborations, and commitment to cultural diversity, Magnat proposes a dialogical approach to vocality. Inclusive of established, current, and emerging research perspectives, this approach sheds light on the role of vocality as a vital source of embodied knowledge, creativity, and well-being grounded in process, practice, and place, as well as a form of social and political agency. An excellent resource for qualitative researchers, artist-scholars, and activists committed to decolonization, cultural revitalization, and social justice, this book opens up new avenues of understanding across Indigenous and Western philosophy, performance studies, musicology, ethnomusicology, sound and voice studies, anthropology, sociology, phenomenology, cognitive science, physics, ecology, and biomedicine.

Ferguson - Michael Brown - Greek Tragedy - Transformative Music - Dynamic Conversations Antigone in Ferguson shares the truth about justice as experienced on stage with spirit-felt, soulful, & captivating music composed and directed by Dr. Philip A. Woodmore in a unique adaptation written by Bryan Doerries of Theater of War Productions. In this book, you will discover the transformative power of music (when interwoven with the drama of Greek tragedy) to change people's thinking and actions regarding injustice on the macro and micro level in our modern society. This transformation in thinking leads to healing discussions that produce effective, pervasive and long-lasting actions. Dr. Philip A. Woodmore will be your guide as we investigate and interrogate the journey to this thrilling transformation. Dr. Woodmore is a nationally recognized music educator who specializes in composition, vocal coaching, choral curriculum and programming, and collaborative rehearsing. Using his expertise, he has composed an original score and lyrics to Sophocles's tragedy, Antigone, which has become an Off-Broadway smash-hit known as Antigone in Ferguson.

A science journalist explores the latest research on dreams—how they work, what they're for, and how we can reap the benefits. While on a research trip in Peru, science journalist Alice Robb became hooked on lucid dreaming—the uncanny phenomenon in which a sleeping person can realize that they're dreaming and even control the dreamed experience. Finding these forays both puzzling and exhilarating, Robb dug deeper into the science of dreams at an extremely opportune moment: just as researchers began to understand why dreams exist. They aren't just random events; they have clear purposes. They help us learn and even overcome psychic trauma. Robb draws on fresh and forgotten research, as well as her experience and that of other dream experts, to show why dreams are vital to our emotional and physical health. She explains how we can remember our dreams better—and why we should. She traces the intricate links between dreaming and creativity, and even offers advice on how we can relish the intense adventure of lucid dreaming for ourselves. *Why We Dream* is both a cutting-edge examination of the meaning and purpose of our nightly visions and a guide to changing our dream lives in order to make our waking lives richer, healthier, and happier. "Robb offers a welcome antidote to the medicine administered by most sleep gurus." —*New Yorker*

Erika Fischer-Lichte's introduction to the discipline of Theatre and Performance Studies is a strikingly authoritative and wide ranging guide to the study of theatre in all of its forms. Its three-part structure moves from the first steps in starting to think about performance, through to the diverse and interrelated concerns required of higher-level study: Part 1 – Central Concepts for Theatre and Performance Research – introduces the language and key ideas that are used to discuss and think about theatre: concepts of performance; the emergence of meaning; and the theatrical event as an experience shared by actors and spectators. Part 1 contextualizes these concepts by tracing the history of Theatre and Performance Studies as a discipline. Part 2 – Fields, Theories and Methods – looks at how to analyse a performance and how to conduct theatre-historiographical research. This section is concerned with the 'doing' of Theatre and Performance Studies: establishing and understanding different methodological approaches; using sources effectively; and building theoretical frameworks. Part 3 – Pushing Boundaries – expands on the lessons of Parts 1 and 2 in order to engage with theatre and performance in a global context. Part 3 introduces the concept of 'interweaving performance cultures'; explores the interrelation of theatre with the other arts; and develops a transformative aesthetics of performance. Case studies throughout the book root its theoretical discussion in theatrical practice. Focused accounts of plays, practitioners and performances map the development of Theatre and Performance Studies as an academic discipline, and of the theatre itself as an art form. This is the most comprehensive and sophisticated introduction to the field available, written by one of its foremost scholars.

Discover the Positive Power of Gratitude Living as if each day is a thank you can help transform fear into courage, anger into forgiveness, and isolation into belonging. Authors Nina Lesowitz and Mary Beth Sammons present a simple yet comprehensive approach for incorporating gratitude into one's life and reaping its many benefits. The book is divided into ten chapters, including "Ways to Stay Thankful in Difficult Times,"....."Gratitude as a Spiritual Practice," and "Putting Gratitude into Action." Each chapter includes stories of individuals whose lives have been transformed by thankfulness, motivational quotes and blessings, and suggested gratitude practices. Whatever is given - even a challenging moment - is a gift. With this book, you will be able to feel more connected to the flow of life and less alone in your struggles and fears.

Learn how you can take charge and transform your day through a simple, minimum 5 minute morning routine. You will learn new ways to boost your energy in the mornings, how to build your morning routine and how to stick to the habit of morning routines. Krystian Szastok has written this book based on his research and practice of morning routines over many years, he has been coached and mentored by extremely successful entrepreneurs and life coaches to maximise his everyday success and bring a mix of self discovery and motivation to your morning. The book doesn't just cover morning routines, but also helps you discover your inner calling and add more purpose to your life. These qualities and accomplishments will bring you closer to others in your life, and help you grow new relationships. From inside of the book: "Imagine if you could wake up, get inspired, get some exercise, read, meditate, plan your day, hydrate, have your morning coffee, work on your side projects, and send messages to your loved ones - all before the majority of the world is even awake. I did all this today (as I'm writing this book) by waking up at 4am and just 'doing it'. You can accomplish these things too, just start waking up 15 minutes earlier than you would usually - take small steps. I used to wake up at 7am for a year, because that felt like my absolute earliest (due to climate I wasn't functioning well, it was way too hot in Asia for me)." "Who is this book for? If you're someone who wants to achieve more in your life - this book is for you. If you're a freelancer or a business owner and you have a lot of daily responsibilities, this book is for you. If you're in a relationship and want to connect better with your partner, or if you're currently single, this is a book for you. Whatever stage of life you're at or lifestyle you're leading, adding morning routines will skyrocket your daily performance.

Few English books are as widely known, underread, and underappreciated as Robert Burton's *The Anatomy of Melancholy*. Stephanie Shirilan laments that modern scholars often treat the *Anatomy* as an unmediated repository of early modern views on melancholy, overlooking the fact that Burton is writing a cento - an ancient form of satire that quotes and misquotes authoritative texts in often subversive ways - and that his express intent in so doing is to offer his readers literary therapy for melancholy. This book explores the ways in which the *Anatomy* dispenses both direct physic and more systemic medicine by encouraging readers to think of melancholy as a privileged mental and spiritual acuity that requires cultivation and management rather than cure. Refuting the prevailing historiography of anxious early modern embodiment that cites Burton as a key witness, Shirilan submits that the *Anatomy* rejects contemporary Neostoic and Puritan approaches to melancholy. She reads Burton's erraticism, opacity, and theatricality as modes of resistance against demands for constancy, transparency, and plainness in the popular literature of spiritual and moral hygiene of his day. She shows how Burton draws on rhetorical, theological, and philosophical traditions that privilege the transformative powers of the imagination in order to celebrate melancholic impressionability for its capacity to inspire and engender empathy, charity, and faith.

The Transformative Power of Performance A New Aesthetics Routledge

Language has played a pivotal role in societal transformation in postcolonial Africa towards the creation of globally competitive knowledge societies; however so far, this role has been under-researched and under-estimated. This volume addresses this gap in the literature, by bringing together a team of globally-recognised scholars to explore the effect of language on African postcolonial societies, and how it has contributed to achieving 'mental decolonisation'. A range of languages are explored, both imported (ex-colonial) and indigenous African, and case studies from different spheres of public discourse are investigated, from universities to legal settings. Demonstrating that multilingualism is a resource for, rather than barrier to, successful transformation, this book brings the intellectualisation and institutionalisation of African languages to the forefront of development discourse, and provides an insightful snap-shot of how current academic research, public discourse, political activism and social community engagement have contributed to societal transformation in South Africa.

"Beginners is ultimately about more than learning. It's about the possibilities that reside in all of us." --Daniel H. Pink, New York Times best-selling author of *When, Drive, and To Sell is Human* The best-selling author of *Traffic* and *You May Also Like* gives us an inspirational journey into the transformative joys that come with starting something new, no matter your age Why do so many of us stop learning new skills as adults? Are we afraid to fail? Have we forgotten the sheer pleasure of being a beginner? Or is it simply a fact that you can't teach an old dog new tricks? Inspired by his young daughter's insatiable need to know how to do almost everything, and stymied by his own rut of mid-career competence, Tom Vanderbilt begins a year of learning purely for the sake of learning. He tackles five main skills



(and picks up a few more along the way), choosing them for their difficulty to master and their distinct lack of career marketability--chess, singing, surfing, drawing, and juggling. What he doesn't expect is finding himself having rapturous experiences singing Spice Girls songs in an amateur choir, losing games of chess to eight-year-olds, and dodging scorpions at a surf camp in Costa Rica. Along the way, he interviews dozens of experts to explore the fascinating psychology and science behind the benefits of becoming an adult beginner. Weaving comprehensive research and surprising insight gained from his year of learning dangerously, Vanderbilt shows how anyone can begin again--and, more important, why they should take those first awkward steps. Ultimately, he shares how a refreshed sense of curiosity opened him up to a profound happiness and a deeper connection to the people around him--and how small acts of reinvention, at any age, can make life seem magical.

Theatre, in some respects, resembles a market. Stories, rituals, ideas, perceptive modes, conversations, rules, techniques, behavior patterns, actions, language, and objects constantly circulate back and forth between theatre and the other cultural institutions that make up everyday life in the twentieth century. These exchanges, which challenge the established concept of theatre in a way that demands to be understood, form the core of Erika Fischer-Lichte's dynamic book. Each eclectic essay investigates the boundaries that separate theatre from other cultural domains. Every encounter between theatre and other art forms and institutions renegotiates and redefines these boundaries as part of an ongoing process. Drawing on a wealth of fascinating examples, both historical and contemporary, Fischer-Lichte reveals new perspectives in theatre research from quite a number of different approaches. Energetically and excitingly, she theorizes history, theorizes and historicizes performance analysis, and historicizes theory.

Higher education has been presented as a solution to a host of local and global problems, despite the fact that learning and assessment can also be used as mechanisms for exclusion and social control. *Developing Transformative Spaces in Higher Education: Learning to Transgress* demonstrates that even when knowledge may appear to be the solution, it can be partial and disempowering to all but the dominant groups. The book shows the need to contest such knowledge claims and to learn to transgress, rather than to conform. It argues that transformative spaces need to be found and that these should be about the creation of new opportunities, ways of knowing and ways of being. Working in and through spaces of transgression, the contributors to this volume develop frameworks for the possibilities of transformative spaces in learning and teaching in higher education. The book critiques the ways in which Western higher education culture determines the academic agenda in relation to dialogue on social differences, minority groups and hierarchical structures, including issues of representation among different groups in the population. It also explores the personal and political costs of transgression and outlines ways in which transitions can be transformative. The book should be of interest to academics, researchers and postgraduate students engaged in the study of higher education, education studies, teacher training, social justice and transformation. It should also be essential reading for practitioners working in post-compulsory education.

Feminist philosophy meets family memoir in this new essay collection from Siri Hustvedt, an exploration of the shifting borders that define human experience, including boundaries we usually take for granted—between ourselves and others, nature and nurture, viewer and artwork—which turn out to be far less stable than we imagine. Described as “a 21st-century Virginia Woolf” in the *Literary Review* (UK), Man Booker longlisted Hustvedt displays her expansive intellect and interdisciplinary knowledge in this collection that moves effortlessly between stories of her mother, grandmother, and daughter to artistic mothers, Jane Austen, Emily Brontë, and Lousie Bourgeois, to the broader meanings of maternal in a culture shaped by misogyny and fantasies of paternal authority. *Mothers, Fathers, and Others* is a polymath's journey into urgent questions about familial love and hate, human prejudice and cruelty, and the transformative power of art. This moving, fierce, and often funny book is finally about the fact that being alive means being in states of constant, dynamic exchange with what is around us, and that the impulse to draw hard and fast conceptual borders where none exist carries serious theoretical and political dangers.

A healing path using the power of dreams, theater, poetry, and shamanism • Shows how psychological realizations can cause true transformation when manifested by concrete poetic acts • Includes many examples of the surreal but successful actions Jodorowsky has prescribed to those seeking his help While living in Mexico, Alejandro Jodorowsky became familiar with the colorful and effective cures provided by folk healers. He realized that it is easier for the unconscious to understand the language of dreams than that of rationality. Illness can even be seen as a physical dream that reveals unresolved emotional and psychological problems. Psychomagic presents the shamanic and genealogical principles Jodorowsky discovered to create a healing therapy that could use the powers of dreams, art, and theater to empower individuals to heal wounds that in some cases had traveled through generations. The concrete and often surreal poetic actions Jodorowsky employs are part of an elaborate strategy intended to break apart the dysfunctional persona with whom the patient identifies in order to connect with a deeper self. That is when true transformation can manifest. For a young man who complained that he lived only in his head and was unable to grab hold of reality and advance toward the financial autonomy he desired, Jodorowsky gave the prescription to paste two gold coins to the soles of his shoes so that all day he would be walking on gold. A judge whose vanity was ruling his every move was given the task of dressing like a tramp and begging outside one of the fashionable restaurants he loved to frequent while pulling glass doll eyes out of his pockets. The lesson for him was that if a tramp can fill his pockets with eyeballs, then they must be of no value, and thus the eyes of others should have no bearing on who you are and what you do. Taking his patients directly at their words, Jodorowsky takes the same elements associated with a negative emotional charge and recasts them in an action that will make them positive and enable them to pay the psychological debts hindering their lives.

In this book, Erika Fischer-Lichte traces the emergence of performance as 'an art event' in its own right. In setting performance art on an equal footing with the traditional art object, she heralds a new aesthetics. The peculiar mode of experience that a performance provokes – blurring distinctions between artist and audience, body and mind, art and life – is here framed as the breeding ground for a new way of understanding performing arts, and through them even wider social and cultural processes. With an introduction by Marvin Carlson, this translation of the original *Ästhetik des Performativen* addresses key issues in performance art, experimental theatre and cultural performances to lay the ground for a new appreciation of the artistic event.

NATIONAL BOOK AWARD FINALIST • “A masterpiece” (Minneapolis Star Tribune), a “devastating” (The New York Times) meditation on Black performance in America from the MacArthur “Genius Grant” Fellow and bestselling author of *Go Ahead in the Rain* WINNER OF THE GORDON BURN PRIZE • LONGLISTED FOR THE ANDREW CARNEGIE MEDAL • ONE OF THE TEN BEST BOOKS OF THE YEAR: Chicago Tribune, Publishers Weekly • ONE OF THE BEST BOOKS OF THE YEAR: The New York Times Book Review, Time, Esquire, NPR, and BookRiot “Gorgeous essays that reveal the resilience, heartbreak, and joy within Black performance.”—Brit Bennett, author of *The Vanishing Half* At the March on Washington in 1963, Josephine Baker was fifty-seven years old, well beyond her most prolific days. But in her speech she was in a mood to consider her life, her legacy, her departure from the country she was now triumphantly returning to. “I was a devil in other countries, and I was a little devil in America, too,” she told the crowd. Inspired by these few words, Hanif Abdurraqib has written a profound and lasting reflection on how Black performance is inextricably woven into the fabric of American culture. Each moment in every performance he examines—whether it’s the twenty-seven seconds in “Gimme Shelter” in which Merry Clayton wails the words “rape, murder,” a schoolyard fistfight, a dance marathon, or the instant in a game of spades right after the cards are dealt—has layers of resonance in Black and white cultures, the politics of American empire, and Abdurraqib’s own personal history of love, grief, and performance. Abdurraqib writes prose brimming with jubilation and pain, infused with the lyricism and rhythm of the musicians he loves. With care and generosity, he explains the poignancy of performances big and small, each one feeling intensely familiar and vital, both timeless and desperately urgent. Filled with sharp insight, humor, and heart, *A Little Devil in America* exalts the Black performance that unfolds in specific moments in time and space—from midcentury Paris to the moon, and back down again to a cramped living room in Columbus, Ohio.

In this fascinating volume, acclaimed theatre historian Erika Fischer-Lichte reflects on the role and meaning accorded to the theme of sacrifice in Western cultures as mirrored in particular fusions of theatre and ritual. *Theatre, Sacrifice, Ritual* presents a radical re-definition of ritual theatre through analysis of performances as diverse as: Max Reinhardt's new people's theatre the mass spectacles of post-revolutionary Russia American Zionist pageants the Olympic Games. In offering both a performative and a semiotic analysis of such performances, Fischer-Lichte expertly demonstrates how theatre and ritual are fused in order to tackle the problem of community-building in societies characterised by loss of solidarity and disintegration, and exposes the provocative connection between the utopian visions of community they suggest, and the notion of sacrifice. This innovative study of twentieth-century performative culture boldly examines the complexities of political theatre, propaganda and manipulation of the masses, and offers a revolutionary approach to the study of theatre and performance history.

Exploring diverse human experiences in the US, Poland and Northern Ireland, this book is of interest to practitioners and students of applied theatre, peace and conflict studies, professionals working in conflict resolution, counselors, psychotherapists, professionals in the field of criminal and restorative justice, and spiritual seekers.

From distinguished scholar Donna M. Mertens, this core book provides a framework for making methodological decisions and conducting research and evaluations that promote social justice. The transformative paradigm has emerged from - and guides - a broad range of social and behavioral science research projects with communities that have been pushed to the margins, such as ethnic, racial, and sexual minority group members and children and adults with disabilities. Mertens shows how to formulate research questions based on community needs, develop researcher-community partnerships grounded in trust and respect, and skillfully apply quantitative, qualitative, and mixed-methods data collection strategies. Practical aspects of analyzing and reporting results are addressed, and numerous sample studies are presented. An ideal core book for graduate courses, or practitioner resource, the book includes: Commentary on the sample studies that explains what makes them transformative. Explanations of key concepts related to oppression, social justice, and the role of research and evaluation. Questions for Thought to stimulate critical self-reflection and discussion. Advance chapter organizers and chapter summaries. The book is intended for graduate students in psychology, education, social work, sociology, and nursing, as well as practicing researchers and program evaluators. It will serve as a core book or supplement in Research Methods, Program Evaluation, and Community Psychology courses.

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